Toddler Nutrition

URL of this page: http://www.nlm.nih.gov/medlineplus/toddlernutrition.html

Food provides the energy and nutrients that young children need to be healthy. Toddlers are learning to feed themselves and to eat new foods. They should eat a variety of foods from all of the food groups.

Some things to watch for:
- Make sure your toddler gets enough iron
- Toddlers between 1 and 3 need 500 milligrams of calcium each day
- Don't feed your child seafood, peanuts or tree nuts before age 2 or 3

Start Here

Overviews

Specific Conditions
- Vegetarianism [http://kidshealth.org/parent/nutrition_center/dietary_needs/vegetarianism.html] (Nemours Foundation)

Related Issues
- Be a Healthy Role Model for Children: 10 Tips for Setting Good Examples [http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf] (Department of Agriculture) - PDF
  Also available in Spanish [http://www.choosemyplate.gov/downloads/DGTipsheet12BeAHealthyRoleModel-sp.pdf]

• Snacks for Toddlers [http://kidshealth.org/parent/nutrition_center/healthy_eating/toddler_snacks.html] (Nemours Foundation)
• Stopping the Bottle [http://kidshealth.org/parent/pregnancy_center/newborn_care/no_bottles.html] (Nemours Foundation)
• Toddlers at the Table: Avoiding Power Struggles [http://kidshealth.org/parent/nutrition_center/staying_fit/toddler_meals.html] (Nemours Foundation)


Also available in Spanish [http://familydoctor.org/familydoctor/es/kids/eating-nutrition/healthy-eating/when-your-toddler-doesnt-want-to-eat.印下view.all.html]

**Videos**
• Feeding Children the Right Message (Part 1) [http://www.healthyroadsmedia.org/titles/EngFeedingChildrenMessage1/EngFeedingChildrenMessage1.htm] (Healthy Roads Media)
• Feeding Children the Right Message (Part 2) [http://www.healthyroadsmedia.org/titles/EngFeedingChildrenMessage2/EngFeedingChildrenMessage2.htm] (Healthy Roads Media)

**Financial Issues**
• Women, Infants, and Children (WIC) [http://www.fns.usda.gov/wic/] (Food and Nutrition Service)
  Also available in Spanish [http://www.fns.usda.gov/wic/sp-default.htm]

**Clinical Trials**
• ClinicalTrials.gov. Toddler Nutrition [http://clinicaltrials.gov/search/open(term=toddler+nutrition)] NIH (National Institutes of Health)

**Journal Articles**
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
• Article: Diet spanning infancy and toddlerhood is associated with child blood... [http://www.ncbi.nlm.nih.gov/pubmed/23636239?tool=MedlinePlus]
• Article: They are what they eat? Ensuring our children get the... [http://www.ncbi.nlm.nih.gov/pubmed/23607252?tool=MedlinePlus]

**Directories**
• Child Nutrition Programs by State [http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm] (Food and Nutrition Service)
• WIC (Women, Infants, and Children) State Agencies [http://www.fns.usda.gov/wic/Contacts/statealpha.HTM] (Food and Nutrition Service)
Organizations

- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

Newsletters/Print Publications


Law and Policy

  Also available in Spanish [http://www.fns.usda.gov/wic/FAQs/sp-FAQ.htm]

Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002455.htm]

You may also be interested in these related encyclopedia pages:


You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Toddler Nutrition is the National Institute of Child Health and Human Development [http://www.nichd.nih.gov]


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